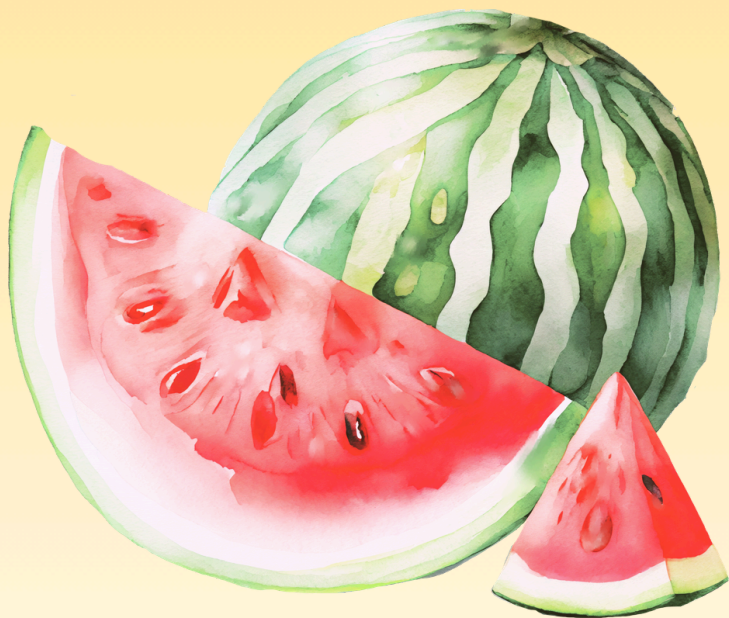


One Last Summer Sizzle

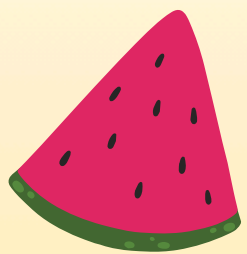
AUGUST 2026



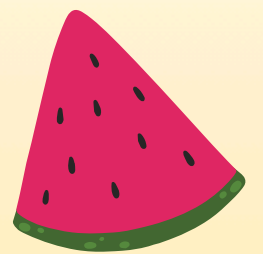
From My Kitchen to Yours

from your favorite

pampered|chef
INDEPENDENT CONSULTANT



August Meal Planner



August is here... and summer isn't going quietly!

This month's meal plan is filled with bold flavors, backyard favorites, and easy family-friendly dinners perfect for soaking up every last bit of summer.

Inside you'll find weekly meal plans, weekly grocery lists, and a full monthly grocery list to help keep shopping quick, meals simple, and stress low.

Let's fire up the grill, gather around the table, and enjoy one last summer sizzle before fall rolls in!



Week 1

CHICKEN FAJITA BITES



PROTEIN

- 2 CUPS COOKED CHICKEN BREAST



PRODUCE

- 3–4 BELL PEPPERS (ANY COLOR)
- 3 GREEN ONIONS
- ½ CUP FRESH CILANTRO



PANTRY

- FAJITA SEASONING OR TACO SEASONING
- SALT
- PEPPER



DAIRY

- 4 OZ MOZZARELLA CHEESE

Week 2



CAROLINA
BARBECUE
SALMON

BEST
SUMMER
DIPS

CRAB
RANGOON

TRUFFLE
BURGERS

BBQ
CHICKEN &
CORNBREAD
WAFFLES

SLOPPY JOE
STUFFED
PEPPERS

HOT HONEY
PEPPERONI
PIZZA



PROTEIN

- 4 SALMON FILLETS (ABOUT 2 LBS)
- 1 LB GROUND BEEF
- ½ LB BREAKFAST SAUSAGE
- 2 LBS CHICKEN BREAST
- 1 LB LUMP CRAB MEAT OR IMITATION CRAB
- PEPPERONI SLICES



PRODUCE

- 6 BELL PEPPERS
- 1 LB ASPARAGUS
- 1 LEMON
- 1 TOMATO
- ROMAINE LETTUCE
- FRESH PARSLEY
- GREEN ONIONS
- CORN (FRESH OR FROZEN)
- GARLIC
- JALAPEÑO (OPTIONAL)
- FRESH HERBS FOR DIP RECIPES (OPTIONAL)



DAIRY

- SWISS, HAVARTI, OR WHITE CHEDDAR CHEESE SLICES
- SHREDDED MOZZARELLA CHEESE
- CREAM CHEESE
- SOUR CREAM
- MAYONNAISE
- MILK
- BUTTER



BREAD, PASTA & GRAIN

- SEEDED BURGER BUNS
- PIZZA DOUGH OR PIZZA CRUST
- WONTON WRAPPERS
- CORNBREAD WAFFLE MIX (OR CORNBREAD MIX)



REFRIGERATED /FROZEN

- FROZEN CORN (IF NOT USING FRESH)
- FROZEN WAFFLE INGREDIENTS (IF PREFERRED)



PANTRY

- OLIVE OIL
- SOUTH CAROLINA BBQ RUB
- BLACK TRUFFLE & HERB SEASONING
- BBQ SAUCE
- DIJON MUSTARD
- KETCHUP
- SLOPPY JOE SEASONING OR SAUCE
- HOT HONEY
- SALT
- BLACK PEPPER
- WORCESTERSHIRE SAUCE



Week 3



MEXICAN
CORN ON
THE COB

BLACKENED
COD WITH
GRILLED
PINEAPPLE

SLOW
COOKER
CARNITAS

PEEL & EAT
BARBECUE
PRAWNS

MEATLOAF &
MASHED
POTATO
BOATS

CARIBBEAN
CHICKEN
RICE
BOWLS

MICROWAVE
MAC &
CHEESE



PROTEIN

- 2 LBS COD FILLETS
- 3–4 LB PORK SHOULDER (BOSTON BUTT)
- 2 LBS LARGE SHRIMP OR PRAWNS
- 2 LBS GROUND BEEF
- 2 LBS BONELESS, SKINLESS CHICKEN BREASTS
- BACON



PANTRY

- OLIVE OIL
- BROWN SUGAR
- HONEY
- BBQ SEASONING
- BLACKENING SEASONING
- CHILI POWDER
- GROUND CUMIN
- PAPRIKA
- GARLIC POWDER
- ONION POWDER
- SALT
- BLACK PEPPER
- CAYENNE PEPPER
- WORCESTERSHIRE SAUCE
- CHICKEN BROTH
- BARBECUE SAUCE
- SOY SAUCE
- WHITE VINEGAR



DAIRY

- BUTTER
- MILK
- SHREDDED CHEDDAR CHEESE
- PARMESAN CHEESE
- SOUR CREAM



PRODUCE

- 8 EARS CORN
- 1 FRESH PINEAPPLE
- 2 LIMES
- 2 LEMONS
- GARLIC
- FRESH CILANTRO
- GREEN ONIONS
- 1 LARGE ONION
- POTATOES (4–6 MEDIUM)
- SWEET POTATOES (OPTIONAL, IF PREFERRED FOR BOATS)



BREAD, PASTA & GRAIN

- LONG-GRAIN WHITE RICE
- ELBOW MACARONI



REFRIGERATED / FROZEN

- FROZEN CORN (IF NOT USING FRESH)
- FROZEN PINEAPPLE (OPTIONAL SUBSTITUTE)

Week 4



GREEK
CUCUMBER
NOODLE
SALAD

AIR FRYER
MAC &
CHEESE
BITES

COOL &
CRUNCHY
CHICKEN
TACOS

TATER TOT
CASSEROLE
WITH
SAUSAGE

ITALIAN
CHOPPED
SALAD

BROWN
BUTTER
TORTELLINI

DESSERT
PIZZA



PROTEIN

- 2 LBS BONELESS, SKINLESS CHICKEN BREASTS
- 1 LB BREAKFAST SAUSAGE
- PEPPERONI SLICES OR SALAMI
- DELI HAM (OPTIONAL FOR ITALIAN CHOPPED SALAD)



PRODUCE

- CUCUMBERS
- CHERRY OR GRAPE TOMATOES
- ROMAINE LETTUCE
- ICEBERG LETTUCE
- RED ONION
- GREEN ONIONS
- GARLIC
- FRESH PARSLEY
- FRESH BASIL (OPTIONAL)
- LEMONS



REFRIGERATED /FROZEN

- FROZEN MACARONI & CHEESE
- FROZEN WHIPPED TOPPING
- CREAM CHEESE



PANTRY

- OLIVE OIL
- RED WINE VINEGAR
- ITALIAN SEASONING
- DIJON MUSTARD
- MAYONNAISE
- RANCH SEASONING
- SALT
- BLACK PEPPER
- GARLIC POWDER
- ONION POWDER
- SUGAR
- BROWN SUGAR
- VANILLA EXTRACT
- MINI MARSHMALLOWS (OPTIONAL)



DAIRY

- EGGS
- MILK
- BUTTER
- SOUR CREAM
- COTTAGE CHEESE
- SHREDDED CHEDDAR CHEESE
- SHREDDED MOZZARELLA CHEESE
- PARMESAN CHEESE
- REFRIGERATED CHEESE TORTELLINI



BREAD, PASTA & GRAIN

- FLOUR TORTILLAS
- FROZEN TATER TOTS
- REFRIGERATED PIZZA CRUST OR PIZZA DOUGH
- GRAHAM CRACKER CRUMBS (IF MAKING DESSERT PIZZA CRUST VARIATION)

Week 5



<u>TURKEY</u> <u>SAUSAGE &</u> <u>PEPPER</u> <u>BREAKFAST</u> <u>QUESADILLAS</u>	<u>NASHVILLE</u> <u>HOT</u> <u>CHICKEN</u> <u>HOAGIES</u>	<u>BEEF</u> <u>STROGANOFF</u> <u>& GREEN</u> <u>BEAN</u> <u>CASSEROLE</u>	
<u>PIZZA</u> <u>MONKEY</u> <u>BREAD</u>	<u>SLOW</u> <u>COOKER</u> <u>POT ROAST</u>	<u>DELUXE</u> <u>CHEESEBURG</u> <u>ER SALAD</u>	<u>AIR FRYER</u> <u>CHICKEN</u> <u>PARMESAN</u>



PROTEIN

- CHICKEN BREASTS
- CRAB MEAT (FRESH, CANNED, OR IMITATION)
- FISH STICKS
- 1 LB TURKEY BREAKFAST SAUSAGE
- 2 LBS BONELESS, SKINLESS CHICKEN BREASTS
- 2 LBS GROUND BEEF
- 2–3 LB BEEF CHUCK ROAST
- 1 LB BEEF SIRLOIN OR STEW MEAT
- PEPPERONI SLICES



REFRIGERATED /FROZEN

- FROZEN HASH BROWNS (IF PREFERRED FOR BREAKFAST)
- FROZEN GREEN BEANS (OPTIONAL)
- FROZEN GARLIC BREAD (OPTIONAL)



PANTRY

- OLIVE OIL
- BEEF BROTH
- CHICKEN BROTH
- CREAM OF MUSHROOM SOUP
- MARINARA SAUCE
- RANCH DRESSING
- WORCESTERSHIRE SAUCE
- FLOUR
- ITALIAN SEASONING
- GARLIC POWDER
- ONION POWDER
- PAPRIKA
- NASHVILLE HOT SEASONING OR CAYENNE PEPPER
- SALT
- BLACK PEPPER



DAIRY

- EGGS
- BUTTER
- MILK
- SHREDDED CHEDDAR CHEESE
- SHREDDED MOZZARELLA CHEESE
- PARMESAN CHEESE
- CREAM CHEESE
- SOUR CREAM



PRODUCE

- BELL PEPPERS
- ONION
- GARLIC
- ROMAINE LETTUCE
- CHERRY OR GRAPE TOMATOES
- DILL PICKLES
- POTATOES
- CARROTS
- CELERY
- GREEN BEANS
- FRESH PARSLEY (OPTIONAL)



BREAD, PASTA & GRAIN

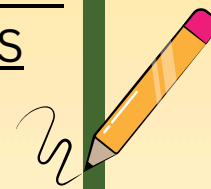
- FLOUR TORTILLAS
- HOAGIE BUNS
- REFRIGERATED BISCUIT DOUGH
- EGG NOODLES
- BREAD CRUMBS OR PANKO

Week 6



STRAWBERRY
CRUNCH
CAKE

KANSAS CITY
BBQ RIBS



BACK
TO
SCHOOL



PROTEIN

- 2-3 RACKS PORK BABY BACK RIBS



REFRIGERATED / FROZEN

- FROZEN WHIPPED TOPPING (IF NOT PURCHASING REFRIGERATED)



DAIRY

- BUTTER
- MILK
- CREAM CHEESE
- WHIPPED TOPPING
- EGGS



PRODUCE

- 2 LBS FRESH STRAWBERRIES
- LEMON (OPTIONAL, FOR GARNISH)



PANTRY

- KANSAS CITY BBQ RUB
- BBQ SAUCE
- BROWN SUGAR
- GRANULATED SUGAR
- VANILLA EXTRACT
- ALL-PURPOSE FLOUR
- BAKING POWDER
- SALT
- VEGETABLE OR CANOLA OIL



BREAD, PASTA & GRAIN

- GOLDEN SANDWICH COOKIES (SUCH AS GOLDEN OREOS)

Monthly Grocery List

CLICK
HERE

GROCERY LIST

TO
PRINT



PROTEIN



- BACON
- BONELESS, SKINLESS CHICKEN BREASTS
- BREAKFAST SAUSAGE
- COD FILLETS
- GROUND BEEF
- PORK BABY BACK RIBS
- PORK SHOULDER (BOSTON BUTT)
- SALMON FILLETS
- SHRIMP OR PRAWNS
- TURKEY BREAKFAST SAUSAGE
- BEEF CHUCK ROAST
- BEEF SIRLOIN OR STEW MEAT
- LUMP CRAB MEAT OR IMITATION CRAB
- PEPPERONI SLICES
- DELI HAM (OPTIONAL)



PANTRY



- ALL-PURPOSE FLOUR
- BBQ SAUCE
- BEEF BROTH
- BROWN SUGAR
- CHICKEN BROTH
- CREAM OF MUSHROOM SOUP
- DIJON MUSTARD
- GRANULATED SUGAR
- HONEY
- HOT HONEY
- KETCHUP
- MARINARA SAUCE
- MAYONNAISE
- MUSTARD
- OLIVE OIL
- RANCH DRESSING
- RED WINE VINEGAR
- SLOPPY JOE SEASONING OR SAUCE
- SOY SAUCE
- SUGAR
- VANILLA EXTRACT
- VEGETABLE OR CANOLA OIL
- WHITE VINEGAR
- WORCESTERSHIRE SAUCE



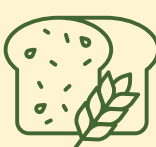
PRODUCE



- ASPARAGUS
- BANANAS
- BELL PEPPERS
- CARROTS
- CELERY
- CHERRY OR GRAPE TOMATOES
- CORN (FRESH OR FROZEN)
- CUCUMBERS
- DILL PICKLES
- FRESH BASIL (OPTIONAL)
- FRESH CILANTRO
- FRESH PARSLEY
- GARLIC
- GREEN ONIONS
- ICEBERG LETTUCE
- JALAPEÑO (OPTIONAL)
- KIWI
- LEMONS
- LIMES
- ONIONS
- PINEAPPLE
- POTATOES
- ROMAINE LETTUCE
- RED ONION
- STRAWBERRIES



BREAD, PASTA, & GRAIN



- BREAD CRUMBS OR PANKO
- CORNBREAD MIX
- EGG NOODLES
- ELBOW MACARONI
- FLOUR TORTILLAS
- GOLDEN SANDWICH COOKIES
- HOAGIE BUNS
- LONG-GRAIN WHITE RICE
- PIZZA CRUST OR PIZZA DOUGH
- REFRIGERATED BISCUIT DOUGH
- SEEDED BURGER BUNS
- WONTON WRAPPERS



DAIRY



- BUTTER
- COTTAGE CHEESE
- CREAM CHEESE
- EGGS
- MILK
- PARMESAN CHEESE
- SHREDDED CHEDDAR CHEESE
- SHREDDED MOZZARELLA CHEESE
- SOUR CREAM
- SWISS, HAVARTI, OR WHITE CHEDDAR CHEESE SLICES
- REFRIGERATED CHEESE TORTELLINI
- WHIPPED TOPPING



SPICES



- BLACK PEPPER
- BLACK TRUFFLE & HERB SEASONING
- BLACKENING SEASONING
- CAYENNE PEPPER OR NASHVILLE HOT SEASONING
- CHILI POWDER
- FAJITA OR TACO SEASONING
- GARLIC POWDER
- ITALIAN SEASONING
- KANSAS CITY BBQ RUB
- ONION POWDER
- PAPRIKA
- RANCH SEASONING
- SALT
- SOUTH CAROLINA BBQ RUB



REFRIGERATED & FROZEN



- FROZEN CORN (OPTIONAL)
- FROZEN GARLIC BREAD (OPTIONAL)
- FROZEN GREEN BEANS (OPTIONAL)
- FROZEN HASH BROWNS (OPTIONAL)
- FROZEN MACARONI & CHEESE
- FROZEN TATER TOTS
- FROZEN WHIPPED TOPPING
- FROZEN PINEAPPLE (OPTIONAL)